

NDPERS Dakota Wellness Program

at Sanford Health Plan



**North Dakota
Public Employees
Retirement System**
Dakota Plan Health Benefits

Engage with **novu**

Last month we introduced you to Novu, the new online wellness portal that will be launching April 1. Your healthy choices will be rewarded in a whole new way with Novu. Your first step to getting the most out of your experience is completing your online health assessment. Why is the health assessment so important? Novu needs to learn about your current health and lifestyle in order to make the best recommendations. After taking the health assessment, you will be given tips for healthy eating, exercise, and wellness, with a unique experience customized just for you.

Programs

Novu programs are personalized, educational, step-by-step plans that guide you in taking strides toward better health. Maybe you want to try yoga, or start improving your strength. There are programs for that and more, including nutrition, cardio, stress, and smoking cessation. As you complete each step, you will earn points along the way.

Challenges

Novu challenges are actions that you commit to for 7 days or 30 days. The challenges can focus on emotional health like the 30-Day Gratitude Challenge, or your physical health like the 7-Day Cardio Challenge. You will track your success with Novu every day and will be rewarded with points for successful completion.

Community

It's often easier to stick to a new eating or exercise plan if you have a support system on board. Novu allows you to invite co-workers and friends to join your programs and challenges for encouragement and some friendly competition.

You will hear more details about Novu soon. Watch your mailbox and email inbox for more information.

MARCH 2016
MEMBER NEWSLETTER

Inside

this issue...

Engage with Novu
Spring into action
Sleep your way to health

MONTHLY OBSERVANCES

Colorectal Cancer Awareness
Kidney Disease Awareness
National Nutrition Month
3/6—Sleep Awareness Week
3/22—Diabetes Alert Day

*Find a complete list of observances at
healthfinder.gov/NHO*

WELLNESS ACTIVITIES

Book club: "Sleep Solutions"
(audio CD)

Webinar: Five Star Sleep

Web Tool: Sleep Cycle app

SANFORD
HEALTH PLAN

Give it a try

Web tool: Sleep Cycle app

This app analyzes your sleep and tells you about your sleep quality each night. It can also wake you peacefully each morning. By using your phone's internal sensors, this app measures the amount of time you spend awake, sleeping, and in deep sleep. Using this information, the app can wake you during the lightest stage of your sleep cycle. This way you'll feel the most alert and refreshed. To improve your ZZZ's, ask yourself these questions:

- According to the app, how many sleep cycles do I have on an average night?
- How does waking during the lightest stage of sleep affect my mood?
- What can I do to improve my sleep quality?

Visit sleepcycle.com.

CONTACT US AT
NDPERSWellness@
sanfordhealthplan.com
(844) 742-0014

QUICK LINKS
[sanfordhealthplan.com/
ndpers/
dakotawellnessprogram](http://sanfordhealthplan.com/ndpers/dakotawellnessprogram)

SETTING UP A
mySanfordHealthPlan
ONLINE ACCOUNT
[sanfordhealthplan.com/
memberlogin](http://sanfordhealthplan.com/memberlogin)

Spring into action

Spring is a great time to get into action and kick start goals that have been pushed aside. Your goals are possible and you are capable, but getting started is the hardest part. Maybe you're afraid to fail, it costs too much, or you just don't have the energy to move forward. These feelings are normal, and remember that most dreams are not realized overnight. But you owe it to yourself to give it a try. To begin, honestly evaluate what it might take to reach your goal and then be willing to take a single step forward.

Consider the following:

- What goals would I like to reach this week? This month? This year?
- What barriers are holding me back? Do I need to set aside cash each week to save? Have I looked into courses to continue my education? Do I have a support system of mentors, friends, or family?
- What is my first step? Do I have an action plan that is specific and realistic?
- What is my deadline?

Today's goal: Get started. Write down the action plan for your goal and take your first step today! Consider what you need to do on a daily, weekly, and monthly basis.

Sleep your way to health

After your head hits the pillow at night, your body goes through a restorative sleep process that has many health benefits. It is recommended that you sleep 6 to 8 hours each night. Sleeping less than the recommended hours does not allow your body to complete the restorative process to regenerate, rebuild, and repair. A good night's rest is the key to feeling your best.

Your body during sleep

